

CAREER/LIFESTYLE PREFERENCE INVENTORY

Instructions: In this inventory, indicate how important each of the following career preferences is to you. In other words, what benefits do you want your career to offer you? Please read the definition of each career preference and then circle the letter to the right of the preference that reflects your feeling. Is this preference of high, medium, or low importance to you?

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|----|--|---|
| 1. | Pleasure from participating in your career:
Satisfaction, fun, joy. | Importance of preference
A. High
B. Medium
C. Low |
| 2. | Yearly Income from participating in your career:
Amount of money you earn in one year | Importance of preference
A. High
B. Medium
C. Low |
| 3. | Helping Others while participating in your career:
Helping people live better lives,
Doing something for others,
Working for the good of all. | Importance of preference
A. High
B. Medium
C. Low |
| 4. | Family Time while participating in your career:
Work hours balanced with hours you
can spend with family,
Flexible scheduling to suit family needs. | Importance of preference
A. High
B. Medium
C. Low |
| 5. | Creativity while participating in your career:
Able to do your job in your own way,
Add new ideas and create new things. | Importance of preference
A. High
B. Medium
C. Low |
| 6. | Responsibility while participating in your career:
Supervision over projects, people or duties,
Accepting credit for good and bad outcomes,
Making decisions and solving problems. | Importance of preference
A. High
B. Medium
C. Low |
| 7. | Variety while participating in your career:
Doing many different tasks each day,
Something new each day,
Working in different places or settings. | Importance of preference
A. High
B. Medium
C. Low |
| 8. | Working with People while participating in your career:
Dealing with patients, clients, customers, students,
Doing things with others,
Teaming up, sharing ideas and tasks. | Importance of preference
A. High
B. Medium
C. Low |

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| <p>9. Economic Security while participating in your career:
 Steady or increasing need for this type of work,
 Risk of layoffs is low,
 Opportunity for promotions, increase in salary.</p> | <p>Importance of preference
 A. High
 B. Medium
 C. Low</p> |
| <p>10. Recognition while participating in your career:
 Receiving honor or praise for the work you do,
 Having respect of others because of the quality
 of your work,
 Opportunity to advance in your work because of
 your hard work, dedication, and good results.</p> | <p>Importance of preference
 A. High
 B. Medium
 C. Low</p> |
| <p>11. Independence while participating in your career:
 Flexibility in your work hours,
 Working at your own pace,
 Doing things your way,
 Working alone.</p> | <p>Importance of preference
 A. High
 B. Medium
 C. Low</p> |
| <p>12. _____
 Add one value or preference of your own
 You may choose from those listed below
 if you do not have one of your own in mind.
 Health (physical well-being maintained,
 not at risk for injury or death)
 Lack of Stress (low mental anxiety, tension,
 pressure)
 Travel (opportunity to move from place to
 place often, work in a variety of new
 environments, and meet new people)</p> | <p>Importance of preference
 A. High
 B. Medium
 C. Low</p> |

SUMMARY OF CAREER/LIFESTYLE PREFERENCE INVENTORY

Instructions: Look over your inventory and list below all those preferences that you circled as **high importance**.

Now choose from your list above those **three preferences** that you feel are the **most important**. (In other words, you would be most happy in a career if these three values were present.)

My “out of this world” career needs to offer me:



1. _____ 2. _____ 3. _____